

*BE* more  
 &  
*DO* more  
 &  
*HAVE* more

## SKILLBUILDER SYSTEMS

# VICTORIOUS VOICES!

### IN THIS ISSUE:

- ◆ SkillBuilding: Holidays
- ◆ Save the Date
- ◆ Victory Stretch
- ◆ Upcoming Victory Teams, Teleseminars & Classes
- ◆ Victorious Woman of the Month

### LOOKING FOR AN UNUSUAL AND CARING GIFT IDEA?

HOW ABOUT A VICTORIOUS WOMAN GIFT CERTIFICATE? IT CAN BE USED FOR BOOKS, CDS, WORKSHOPS, TELESEMINARS, VICTORY TEAMS OR PRIVATE COACHING  
 610.738.8225

### SAVE THE DATE:

May is Victorious Woman Month

Plan now to Celebrate with us

TWO special events:  
 May 2  
 May 15

Look for details in upcoming newsletters and special emails

## Victorious SkillBuilding

### I HATE THE HOLIDAYS!

"Glad to see 'em come, gladder to see 'em go," announced Mrs. Evans as she plopped, exhausted, into her chair in the lunchroom. Usually even-tempered and good-natured, the working mother of five was grumbling about the holidays. Her second grade class of little ones filled with holiday over-stimulation was working on her last nerve...and so were her own active children. Though looking forward to Christmas with her family, she felt overwhelmed and fed up with all the buying, wrapping, crowds, and preparation.

I was the opposite. As a first-year teacher, I loved *everything* about the holidays, even the off-the-wall energy of my fourth graders. Single and living with my parents, I had few responsibilities and, apparently, no sense. I remember wondering, "Why is she being so 'Bah Humbug'?"

Today, twenty-five years later, I think of Mrs. Evans every time I hear a frazzled shopper, arms full of packages, complain about the holidays. Or

a driver in a mall parking lot blowing on the horn and cursing at a shopper. Frankly, most of us already feel stressed from juggling regular family tasks and personal responsibilities. Who needs SIX WEEKS of extras: shopping, family dramas, shopping, dinners and parties, shopping, and more drama? And then there are the returns. With all that stuff going on, it's so easy for us to forget the special meaning of the season.

*Of course*, most of us *don't* HATE the holidays. We know, contrary to appearances, the long holiday season isn't about anger, debt and stress. Why should we let physical demands or financial and emotional pressures make us forget that Christmas is about sharing love and being joyful?

My **VICTORY STRETCH** on Page 2 gives you SIX TIPS. I'm sure you'll find one or two that will not only help you stay in control over the holidays, but also take you comfortably into the New Year.

*Merry Christmas and Happy Holidays!*

*"Your presentation gave terrific insights"* – L. Peer, Reinsel & Company

### Need a Dynamic, Inspiring Speaker for your next event?

*"Very powerful – I believe these are the tools I need to make the changes I want to make in my life"* – B. Eveland, Barley, Snyder, Seufft & Cohen

*Annmarie Kelly will help make your conference or retreat a success.*

*"I would recommend Annmarie for anyone looking to energize and focus their group"* – T. Gilroy, Penn State University

### - NOW FORMING - VICTORY TEAMS '08

**MAKE '08 GREAT! YOU CAN DO IT!**  
 You'll be encouraged, assisted and accountable during the six small group sessions that will help you turn dreams into realities. The group will listen, give ideas, cheer you on and support your efforts. This is Group Coaching at its best!!

**Starting: January 15 in West Chester**  
**Day:** Mornings 10-12:30 or Evenings: 7-9:30.  
**Cost:** \$125 for all six sessions.  
**For Location and Registration:** 610.738.8225

### TWO GREAT TELESEMINARS FOR YOU!

#### AMAZING VICTORY

What do you want in the New Year? What will make you feel happy, respected, satisfied and fulfilled? You can start a new life from the comfort of your home with this powerful teleseminar. Learn how you can get started and keep going. These 4 classes can **POSITIVELY CHANGE YOUR LIFE!**

**When:** January 9, 16, 23, 30—7:30-8:30pmEST **Cost:** \$49

#### SOMEBODY'S IN MY CORNER

If you are a mentee who hasn't been happy with mentoring relationships, this seminar will show you how to find the right mentor for you, how to create the best relationship and how to structure productive meetings for your greatest benefit.

**When:** February 6, 13—7:30-8:30pmEST

**Cost:** \$99 includes workbook and DISC profile

## VICTORY STRETCH

**Do you want to welcome in the New Year with a clear head and a happy budget?** Here are 6 ways you can do it. If you can't do all of them, choose a priority (finances, health, relationships), pick one or two tips, commit to the tips of your choice & be persistent.

**1—Simplify:** You don't have to find the perfect gift for everyone on your list. Instead, buy store, restaurant or mall gift cards for everyone on your list. They are appreciated by young and old alike and you don't have to worry about saving receipts and making returns. Best of all, you can do all your shopping in an afternoon...or less.

**2—Budget:** Set a spending limit and stick to it. Sometimes we get confused about the connection between love and gifts. No one is going to love you more because you spent \$50 on their gift (or love you less because you spent \$25).

**3—Make the Gift an Event:** One way to celebrate the season, with style and without debt, is to forgo gifts altogether. Instead, gather family or friends for a special event to which everyone contributes. One of my favorite holiday memories is about a dinner-for-twenty when, instead of gift-giving, every friend bought just one dinner item: gourmet appetizer, special wine, dinner delicacy or fancy dessert. We also chipped in a few dollars for basics. We made a night of it and, from the shared preparation to the candlelit, laughter-filled meal to the last sip of wine and the warm goodbyes,

we made that holiday one that we all recall with a glowing feeling.

**4—Boost your energy:** You don't have to get worn down. Of course, sleep always seems like it's at a premium, but make a point to choose at least one day each week to be in bed by 9pm. Here are a few other, energy-boosting tips:

- Stretch your body every day. You can do it before you get out of bed in the morning and before drifting off to sleep. If you don't know how, just watch a cat and mimic its moves.
- Take Vitamin B Complex daily for stress and Vitamin C to ward off colds.
- Plan to exercise a couple times each week (PLAN means write it on your calendar and follow through!). Research shows that exercise releases the beta-endorphins that reduce stress.
- Laugh. It relaxes you and exercises your internal muscles. Nothing is as energizing as a good belly laugh!

**5—Play Games:** Instead of going to the movies, take that old Scrabble or Monopoly game out of the closet, play modern-day charades or simply use a deck of card to get your family interacting. Games for fun lend themselves to talking, sharing and laughing - all great stress-reducers.

**6—Outsmart temptation:** Nothing puts a cramp in your goal-achieving, new year-new you energy like putting on your pants and struggling with buttons and zippers. Here are four proven techniques to help you manage your way through December:

- Decide your food choices in advance of a dinner or party. Set limits on glasses of wine, number of hors d'oeuvres or cookies, helpings of food (e.g. no 2<sup>nd</sup> helpings), and eat only half of every dessert. *I know.* It's hard to do...but think about the benefits.
- Just before baking those Christmas cookies or going to the big holiday party, reduce hunger by eating an apple and a hard boiled egg (don't ask...*but it really works*).
- Keep baked goods, alcohol and other sweets out of the house for a couple weeks. Store them out of sight (try the trunk of your car or at your neighbor's house).
- Plan to indulge in drinks & sugary desserts *only* at holiday parties.

This year, instead of being a frazzled shopper or angry, horn-blowing driver, you can take control and fill your holidays with better-than-ever chunks of the good cheer we all enjoy.

And there's an extra bonus: without the stress caused by a bloated budget or the fuzzy sugar high, you won't have to ease your way into the New Year. Instead of procrastinating, you'll be getting a jump on the New Year by being strong, energized and focused on your goals. Think about how much *that* will do for you by the time the next holiday season rolls around...and speaking of next year...**what is ONE GOAL you want to accomplish in 2008?**

©Annmarie Kelly2007. All Rights Reserved.

©Annmarie Kelly2007. All Rights Reserved.

To use anything from this newsletter in print or online, you *must* get written permission and give credit with website address. For reprints or permissions, call SkillBuilder Systems at 610.738.8225 or email [info@skillbuildersystems.com](mailto:info@skillbuildersystems.com)

**VICTORY QUOTE:** "If Christmas isn't found in your heart, you won't find it under a tree." Charlotte Carpenter

### WINTER WORKSHOP VICTORY UP! TAKING BACK YOUR LIFE

**DATES:** Thursday, February 21  
**TIME:** 9am-4:30pm **COST:** \$125/materials & lunch  
**LOCATION:** Concordville Hotel, Glen Mills, PA  
**REGISTER by email:** [info@victoriouswoman.com](mailto:info@victoriouswoman.com)

**COMING IN SPRING'08:  
OPTIMAL LIVING SUCCESS SERIES**  
Look for exciting details coming in March!

### GIFT CERTIFICATES AVAILABLE

Have a friend who could use a little victory this season? Give her a gift certificate she can use for Victorious Woman books, CDs, workshops, teleseminars, victory teams or personal coaching. Treat yourself to one too, and you can join her online or in person!

**Call 610.738.8225**

### VICTORIOUS WOMAN OF THE MONTH

AUGUST: KATHY DEMPSEY  
SEPTEMBER: EDITH CIAMMAICHELLI  
OCTOBER: THE GOLD CLASS

Read their Inspiring Stories at:  
[www.victoriouswoman.com/vwmonth.htm](http://www.victoriouswoman.com/vwmonth.htm)

**Tell me what you think:**  
Check out my blog & voice your opinion  
[www.victoriouswoman.blogspot.com](http://www.victoriouswoman.blogspot.com)